

ABSTRACT

A ready to eat vegetable yogurt with homogenous uniform texture is provided at refrigeration temperatures with the taste of freshly cooked pureed vegetables in a yogurt with active cultures and taste and flavor enhancers. The cooked pureed vegetables are optimally cooked and their flavor and freshness are preserved in the product. The cooked pureed vegetable content may be 30- 70% by weight providing high nutritional value for the ready to eat vegetable yogurt. The ready to eat vegetable yogurt may be provided with soy based yogurt or milk based yogurt. The manufacturing process for the ready to eat vegetable yogurt cooks the vegetables individually according to their cooking characteristics, cooled and pureed and mixed to the yogurt and blended to form a homogenous uniform mixture of ready to eat vegetable yogurt with smooth texture. It is maintained at all time, until consumed, at refrigeration temperatures to prevent fermentation and preserve freshness and taste of cooked pureed vegetables in the ready to eat vegetable yogurt.